



Creating Blueprints for Purposeful & Productive Lives

www.OrgCoach.net ~ 425-881-6627 ~ Kathy@OrgCoach.net

168 Hour Exercise

(# of hours in one week)

Determine *on average* how much time you spend with each activity below in *one week*. For example, if you sleep an average of 7 hours a night, multiply that by 7 days and subtract 49 from the total. Then go to the next item and do the same.

NOTE: Some activities may fall under more than one category. Do not double-count time spent if there is overlap. For example, if you take a walk with a friend, do not count the same activity twice under time spent with *friends* and under time spent doing *exercise*.

168

- ___ sleep hours (7 x ___)
- ___ eating
- ___ work and volunteer activities (including commute time)
- ___ children and pets (including homework, kids to sports activities, etc.)
- ___ spouse or S.O.
- ___ friends (face-to-face, by phone, on the internet, etc.)
- ___ spiritual practices
- ___ exercise
- ___ personal care/grooming
- ___ simple pleasures: hobbies, reading, watching TV, movies, sports activities, etc.
- ___ housework, yard work, paying bills, chores, errands, shopping
- ___ TOTAL (+ or -)

If you are in the RED you are doing too much.

If you BROKE EVEN, you are coping.

If you have TIME LEFT, you are living with what is called "margin."

Margin: "The space that exists between ourselves and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating."

-Dr. Richard Swensen

